

## STUDIES SHOW HEALTH BENEFITS OF BEER

*Beer in moderation can be good for you, researchers say*

**RALEIGH** (June 5, 2007) – You’ve seen the studies that say a glass of wine is good for you, but what about a glass of beer? Recent studies show that beer in moderation helps prevent certain types of cancer and can help protect you from heart disease and stroke.

According to a Dutch study conducted by TNO Nutrition and Food Research, beer contains the vitamin B6 which prevents the build-up of a particular amino acid that has been linked to heart disease. The study also showed that beer contains high levels of HDL or “good” cholesterol and may reduce the risk of cardiovascular illness.

### **Other healthy facts:**

- A Tufts University study from Boston has shown that beer contains high levels of an ingredient that promotes calcium production, which can help improve bone strength.
- The Archives of Internal Medicine published a study that showed up to two alcoholic drinks a day will reduce the chance of suffering a stroke by 20 percent.
- Portuguese scientists recently found that “polyphenols”, a type of antioxidant in beer and wine, appeared to decrease breast cancer cells significantly.

But this good health news should not be used as an excuse to drink irresponsibly, said Dean Plunkett, Executive Director of the North Carolina Beer & Wine Wholesalers Association.

“Studies like these focus on moderate drinking for their healthy benefits. They have shown that in relation to health benefits, less is more,” said Plunkett. “Moderate drinking, such as having a glass or two of beer or wine with dinner, has been proven to have many health benefits.”

### **About the North Carolina Beer and Wine Wholesalers Association:**

The North Carolina Beer and Wine Wholesalers Association is a non-profit organization whose main purpose is to protect and uphold the rights of the beer and wine industry in North Carolina. North Carolina Beer and Wine Wholesalers are locally owned and operated businesses that promote responsibility, ensure quality and offer variety. The NCBWWA works with local and federal officials to develop policies that ensure equity and fairness for its member organizations. Through hard work and dedication, North Carolina Beer and Wine Wholesalers Association continues to strive for excellence in serving the members and the industry. For more information, visit [www.ncbeerwine.org](http://www.ncbeerwine.org)